

In this Issue

Free Picnic in the Park for Seniors	1
55+ Adults - Health and Wellness Fair	1
Second Chance Week	2
New Director for Live Oak Nutrition Center	2
Finding Free Legal Services	3
Older Driver DVD	4
Wednesday Afternoon Movies	4

See insert for details on senior program and activities:

- 55 Alive Mature Driving Training
- Parents Helping Parents
- The Health Place
- Health Insurance Counseling
- Homeowners and Renters Assistance
- Income Tax Assistance
- Durable Power of Attorney for Healthcare
- Housing Conservation Program
- Long-Term Care Ombudsman
- Live Oak Adult Day Services —Adult Day Care
- Happy Hoofers
- Senior Table Games
- Chess Club
- Bingo
- Trips

Los Gatos Senior Center Newsletter

September / October 2007

Free Picnic in the Park for Seniors

Who says there is no such thing as a free lunch? Join your friends for an old fashioned picnic lunch in the Pageant Grounds Park on Wednesday, September 26 at 11:30 AM. Compliments of the Town of Los Gatos Parks Commission, Los Gatos Senior Center and Live Oak Senior Nutrition Program, we will have an old fashioned barbeque picnic lunch. No need to bring anything but your appetite!

The Pageant Ground Park is a beautiful and tranquil spot, located within a short walking distance from the Neighborhood Center, behind the Police Department. We will have transportation for those who are not able to walk this short distance. We encourage everyone to meet with your friends in the park for this special event lunch.

Please contact The Los Gatos Senior Center at (408) 354-1514 to reserve your spot at this fun summer event.

55+ Adults – Health & Wellness Fair

Join us for an informative afternoon made possible by a grant from the Los Gatos Community Foundation. Presented by The Los Gatos Senior Consortium, The Health Fair will take place on Monday, October 1, 2007 from 12:30 PM to 3:30 PM at the Los Gatos Neighborhood Center at 208 East Main Street.

FREE Screenings for Cholesterol, Glucose, Hearing, Vision (glaucoma, color blindness) and Blood Pressure

FREE Emergency Nebo wind-Up Flashlight (with radio, alarm and cell phone battery charger) to the first 100 Los Gatos residents, 55 and older (with ID)

FREE Informative Talks:

Cosmetic Surgery
Prostate Health
Active Listening
Stress Reduction
Joint Replacement Care
...and more

FREE

Assessment of medicine combinations
Nutrition counseling
Guidance on how to improve posture and balance
Cane and walker adjustment clinic
Information on memory retention.

There will also be information and representatives from many services and organizations benefitting adults 55+. Please contact the Los Gatos Senior Center at (408) 354-1514 for more information.

Second Chance Week October 15 -19



**Start your Holiday Giving Now
Give your Things a SECOND CHANCE!**

Donate your slightly used adult and child sweaters, jackets, coats, raincoats, wind breakers, men's jeans, sweat shirts & pants, wool scarves, blankets, sheets (single preferred, but all sizes welcomed), towels, new toiletries, prescription eyeglasses, and non-prescription UV-protected sunglasses.



Please drop off your donations at:
Los Gatos Senior Center,
located in the
Neighborhood Center
208 East Main Street, Los Gatos
9 am to noon

Please, only donate the items listed, in good condition, and clean. Your donations will be given to St. Luke's Pantry Program, EHC Lifebuilders, InnVision, and Next Door Solutions to Domestic Violence. These are local agencies that provide shelter and related services. Donated eyeglasses will go to the Los Gatos Lions Club's "Lions in Sight" program, which donates refurbished glasses to people in third world countries.

For more information, please call the Los Gatos Senior Center at (408) 354-1514.

New Director for Live Oak Nutrition Center

by **Karen West**, Director, Live Oak Senior Nutrition and Service Center

"Beginning on August 20, 2007 you will have a new director named Eliana Brown. Eliana has a wonderful background in working with senior citizens and is very excited to come on board with us at LOSNSC.

My last day of employment will be August 24th as I plan to return to the Financial Services Industry to use my skills in finance. I will miss all of you and wish you the very best in life. You can be assured that I will be back to visit as I've become very attached to quite a few of you."

Please come by and welcome Eliana. The lunch program is located at the Neighborhood Center on Wednesdays.



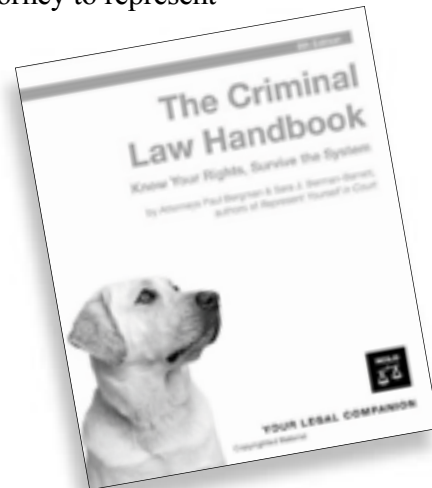
Did You Know?

Finding Free Legal Services

Here are several situations in which you may be able to get an attorney to represent you for free.

If you face criminal charges.

If you've been charged with a crime and cannot afford to hire your own lawyer, you have a constitutional right to an attorney at government expense. At your request, an attorney, often from a public defender's office, can be appointed to represent you when you are formally charged in court with a criminal offense. For more information, see Criminal Defense Lawyer FAQ or the Criminal Law Handbook, by attorneys Paul Bergman and Sara J. Berman-Barrett (Nolo).



If you've been injured.

If you have been injured and wish to sue, a lawyer may agree to represent you on a "contingency fee" basis. While the lawyer's services won't be free, you pay the lawyer's fee only when and if she recovers money for you. The attorney takes an agreed upon percentage of any recovery as her fee. Be aware, however, that even if a lawyer takes your case on a contingency fee basis, you still have to pay costs, which can add up to several thousand dollars. Costs include: court filing fees, court reporters' fees, expert witnesses, and jury fees. The good news is that if you win your case, the judge will usually order your adversary to pay you back for these costs.

If you qualify for legal aid.

If you can't afford an attorney, you may qualify for legal aid (often called legal services). Legal aid lawyers are usually government funded lawyers who represent people with low incomes in a variety of legal situations, including eviction defense, denial of unemployment compensation or other benefits, and consumer credit problems.



If you think you might qualify, look in your telephone directory or ask a local attorney or lawyer referral service for the nearest legal aid office. Because of recent cutbacks in federal funding, you will probably find that legal aid is only available for relatively few types of legal problems and that in some programs, waits for services can be lengthy.

Please contact the Los Gatos Senior Center at (408) 354-1514 if you have questions regarding legal services for seniors.

Older Driver DVD Now Available

As the Bay Area's population ages, and more seniors are on the road, questions of their continued driving abilities and what alternatives they have are becoming more critical. To focus on the issue, the Metropolitan Transportation Commission (MTC) has produced a 36-minute DVD, "Mobility for Older Drivers" which is available to the public free of charge. The DVD is based on a 2006 Regional Summit on Older Drivers, sponsored by MTC and Sam Trans.

You may watch the video on the Web at: www.mtc.ca.gov/library/oats/molbiliyy_matters.htm.

To order free copies, email info@mtc.ca.gov or call (510) 817-5836. MTC is the regional transportation planning, financing and coordinating agency for the nine-county San Francisco Bay Area.

**The Town of Los Gatos
Arts Commission
presents
The Art of Photography
Los Gatos Camera Club**

**September 6 –
November 8, 2007**



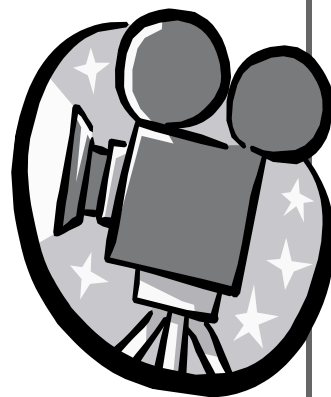
Senior Center Information

Los Gatos Senior Center
Located in the Neighborhood Center
208 E. Main Street, Los Gatos, CA 95030
Senior Coordinator: Linda Gallo

Hours: Monday through Friday — 8:30 AM to 4:30 PM
Phone: (408) 354-1514
Email: lgallo@losgatosca.gov
Website: www.losgatosca.gov

Wednesday Afternoon Movies at the Senior Center

Remember to come to the Senior Center on the fourth Wednesday of each month at 1:00 PM to see a top-rated movie in the Neighborhood Center Lounge. Admission and snacks are free! You can come for the Live Oak Nutrition Lunch and stay for the movie afterwards (be sure to call Live Oak for a lunch reservation two days in advance at (408) 354-0707). The September movie will be **Dream Girls** and in October we will be showing **Night at the Museum**.



**Please join us for lunch and a movie, or just a movie and snack.
Enjoy our big screen movie experience!**

Los Gatos Senior Center Newsletter Mailing List

If you would like to receive a free copy of the Los Gatos Senior Center Newsletter, complete and return this form or email this information to Linda Gallo, Senior Coordinator, at lgallo@losgatosca.gov.

Name: _____
Address: _____
City: _____
State / Zip: _____
Phone: _____ Email: _____

Return completed form to: Los Gatos Senior Center,
208 E. Main Street, Los Gatos CA 95030